

6-1898

## Chicago Vegetarian June 1898

Chicago Vegetarian

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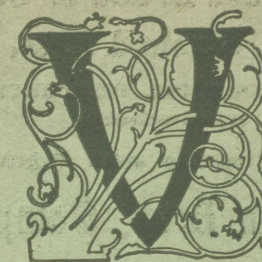
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# Chicago Vegetarian

Vol. II, No. 10.

JUNE, 1898.

Five Cents.

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## Of Interest to The Housewife.

### KITCHEN ECONOMICS.

It has often been truly said that a French family could subsist comfortably on the food-waste of an American family of the same size; and it is certainly a fact that American methods of kitchen management are peculiarly characterized by thoughtlessness and extravagance. Economic living consists rather in obtaining from each article its full value, than in buying poor and unappetizing food-materials, which please neither the eye nor the palate. Good fruit and crisp, fresh salads may be classed as essentials rather than luxuries, and can be plentifully provided by the careful housewife if due economy be practiced in other respects. For instance, the remains of entire-wheat loaves should be scrupulously utilized. Brown them in the oven, grate and put them aside in Mason jars. The fine crumbings are excellent for fruit puddings, and as a decorative finish to potatoes baked in the half-shell, baked bananas, baked eggs and all kinds of leguminous croquettes. Large bits of bread may be browned, cut in squares, and served with the soup. A cook cannot have too many well-prepared crumbs.

As lard is out of the question for vegetarians as well as for every person of delicate digestion, the economic and gastronomic aspects of other shortenings demand careful consideration. Good cocoa or cocoanut fat, nut butter, and olive or cotton-seed oil are each excellent, but many cooks prefer butter. This is not as expensive as might appear, if it be purchased when cheap, cooked and bottled for winter use. To preserve it, heat it slowly in a kettle until it begins to foam and rise. Skim, and pour it into jars. Cover when cool, and keep it in a cool place. One-fourth less of cooked butter than of fresh butter is sufficient.

Cold baked beans or peas make an excellent soup stock, moistened with milk or water, and combined with a

few bread crumbs, strained tomatoes and seasoning.

Cooked cereals left from the breakfast may be cut into finger-slices or rectangular strips and toasted. Butter the pieces while they are very hot and serve at once, either as a garnish for mushrooms (or other food-nucleus) or laid in a row upon a separate platter. Dots of jelly can be laid upon each piece, if a sweet dish is desired.

ROSA G. ABBOTT.

The following recipes for ice cream, taken from the *Canadian Baker and Confectioner*, will prove acceptable at this time. Most vegetarians, however, will prefer not to use artificial coloring.

### CHOCOLATE ICE CREAM.

Place sixteen egg-yelks and four whole eggs in a clean kettle with one and one-half pounds sugar, one quart boiling milk, two large spoonfuls of vanilla. Stir over a slow fire until it thickens, adding a previously prepared mixture of one pint water and six ounces unsweetened chocolate, which has been slowly melted. Stir in another quart of hot cream. Pass through a strainer and when cool freeze in the usual manner.

### PISTACHIO ICE CREAM.

Blanch and brown six ounces Jordan almonds to a golden brown color. Peel four ounces fresh pistachio nuts. Peel and cut fine two ounces soft citron peel of a good green color. Pound the above very fine with one pint of sweet cream. Beat up in a copper kettle one pound sugar, sixteen yelks and two quarts cream until the mixture is nearly boiling, but do not allow it to boil. Strain in the freezer and freeze in the usual manner. When it is nearly frozen mix in the first preparation and a previously whipped up quart of double cream. Color a delicate green and finish freezing.

### PEACH ICE CREAM.

Incorporate one-half pound sugar with one quart peach pulp and mix with three quarts cream, one and one-half pounds sugar. Color lightly with pink and freeze in the usual way. Line two or three melon molds about three-quarters of an inch thick with cream. Peel and cut fine in small squares one dozen peaches. Mix them with the balance of the cream and add a few drops of extract of almonds, one gill cherrywater, one pint whipped cream and fill this into the interior of the moulds. Freeze in salted ice one to one and one-half hours, then take out of the moulds and serve.

### [NUT ICE CREAM.

Two pounds sugar with one pint water to the hard crack. Add one pound previously roasted walnuts, filberts and brazil nuts, an equal quantity of each. When thoroughly beaten pour on the marble, let them cool, and pound them up fine. Put them on a slow fire with sixteen yelks, one quart milk, one quart cream and one tablespoonful vanilla extract. Constantly stir the mixture until it thickens, but do not let it boil. Strain and when cold freeze solid in the usual way.

### CHESTNUT ICE CREAM.

Proceed the same as for nut cream. Split and roast two pounds plain chestnuts. Cook two pounds sugar in one pint water to the crack degree and add the chestnuts. Pour on the marble and when cold pound fine with a pint of cream. Stir until thick, but do not let boil, twelve yelks, four eggs, one quart milk, one quart cream and one tablespoonful vanilla. Strain through a colander and when cooled freeze as usual.

## FOR THE PICNIC.

### Good Things for Young and Old to Eat.

Now that the little ones are looking forth to the annual picnic, it would be well for the mother to seriously consider preparing a lunch that will nourish but not overheat the body. Those elegant Shredded Wheat Sandwiches that were so satisfying to the hundreds who have had the knowledge of how to prepare them, may now be enjoyed by all, as the recipes for making them appear hereunder. Try leaving the sour dough bread ham sandwiches and other heat-making stuff at home for once.

### ALMONDS.

One-half pound Jordan almonds, one-third cup of lucca oil, salt. Blanch and dry the almonds. Put the lucca oil in frying pan, and when hot put in one-third of the almonds and fry until a delicate brown. Skim from the oil, drain on brown paper and sprinkle with salt. Continue in the same manner with the remaining almonds until all are salted. (Better without salt.)

### SHREDDED WHEAT BROWN BREAD CHEESE SANDWICHES.

Cut thin slices of cold Shredded Wheat Biscuit Brown Bread, spread thickly with thin cheese, place two slices together and cut so as to form triangles.

### FIG SANDWICHES.

One-half pound pulled figs, one-quar-

ter cup sugar, one-half lemon, 6 Shredded Wheat Biscuit, 1 cup cold water. Wash the figs and put in double boiler with the sugar, lemon cut in slices and cold water, steam until tender, then remove the lemon, strain the syrup, chop the figs into small pieces, and add to the strained syrup, split the biscuit, dip the inside of the halves in cold water, quickly and lightly, place the halves together and heat in oven, separate halves, place one-half inch layer of figs on the bottom half, put top half on, press together, and let them get thoroughly cold.

### SHREDDED WHEAT BISCUIT TOMATO SANDWICH.

Six Shredded Wheat Biscuit, 4 medium sized tomatoes, one-half teaspoonful salt, one-sixteenth teaspoonful white pepper. Peel the tomatoes, slice and cut into small pieces, add salt and pepper, and set in cool place until thoroughly cold. Split the biscuit, dip the inside very quickly in cold water, taking care not to wet the outside at all. Place the halves together and put in pan in moderate oven for 5 minutes. Then separate the halves of the biscuit, and with a knife dipped in boiling water lay thin slices of good butter on the inside of the halves. Then put a layer of the tomatoes on the bottom half, using the liquid from the tomatoes. Put the top half on, press lightly together, smooth the sides and ends and serve. If sugar is preferred, the salt and pepper may be omitted, and 1 teaspoon of sugar may be sprinkled over the layer of tomato before adding the top of the Biscuit; or 1 teaspoon of salad dressing may be used.

### STUFFED EGGS.

Six hard boiled eggs, 1 egg, 1 table spoon cold water, 2 Shredded Wheat Biscuit, rolled and sifted, salt and white pepper, 3 teaspoons Royal Salad Dressing, 1 teaspoon Worcestershire Sauce, 12 small wooden skewers. Cook 45 minutes, cool thoroughly, cut eggs into halves lengthwise, remove yolks, keeping halves of each egg in pairs. Put yolks through ricer or sieve, add salad dressing, Worcestershire sauce, salt and pepper to taste; mix into smooth paste, fill halves of eggs level, put halves together, fasten through ends with skewers, roll in egg and



water, then in crumbs, and fry in deep fat to a golden brown; remove skewers. A delicious and dainty luncheon dish.

#### SHREDDED WHEAT BROWN BREAD.

Two cups granulated wheat shred, 1 cup corn meal,  $\frac{1}{2}$  teaspoon salt, 1 cup molasses,  $1\frac{3}{4}$  cups sweet milk,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda. Have the water boiling before beginning the bread. Mix the granulated wheat shred, corn meal and salt, add the molasses in which has been mixed one-half of the teaspoon soda. Then add  $1\frac{1}{4}$  cups of milk and last the  $\frac{1}{2}$  cup sour milk, to which has been added the remaining  $\frac{1}{2}$  teaspoon of soda, stirring till it effervesces. Turn into buttered brown bread moulds, cover tightly and steam 3 hours.

"The Vital Question," 3rd edition, containing over 250 recipes for the preparation of natural foods, using Shredded Wheat Biscuit as a basis, a treatise on the food subject, menus, a table of food values, the law of nourishment, with "Our Navy" Supplement, containing forty prints of photographs from official negatives of War Ships, all beautifully bound and tied with silk cord, mailed postpaid free to any vegetarian mentioning this paper.

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Remenyi was a vegetarian. He believed that he might live to be a century old if he avoided the use of meat. His favorite dishes were limburger cheese, pumpernickel and hard crackers. Apollinaris was his only drink for years. Many a time after concert hours have I ordered this bill of fare for him and listened to him say, for the thousandth time:

"My dear, man is bloody by nature, refined by education. Meat debases. Could I fiddle as I do if I devoured beef like a beast? Impossible. My body needs little to keep it strong, but my mind must have every attention. Listen."

Then he would catch up his fiddle case, bring forth the instrument, flourish the bow over his head, fix his twinkling eyes on me and play. What? I rarely knew. Usually something of his own—a fantasy of rage, the earthquake, the surf of a storm, the plaint of a woman's voice, calling of mocking birds—all ending in a sigh.

"See," he would exclaim, "one keeps away from meat when he can do that."

Remenyi attended the congress of vegetarians, followed their teachings, and died, as we of every school of diet must, when the cord snaps.—H. I. CLEVELAND in *Times-Herald*.



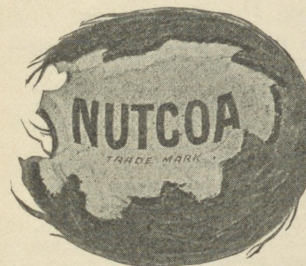
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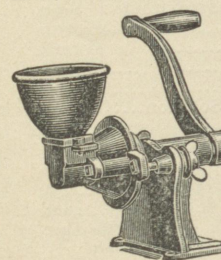
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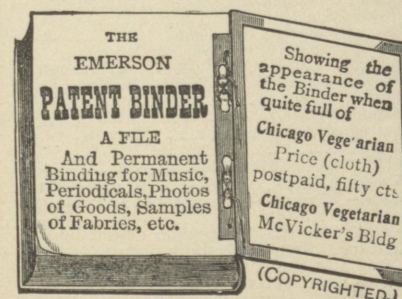


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